

Self-Care Take & Make Kit



What is self-care?

Self-care is anything you enjoy doing that helps make you happy and maintains your physical, mental, or emotional health. It's you taking time to take care of yourself!

Bath Bombs

(Kit makes two bath bombs)

1. Pour **1/4 cup baking soda**, **1/8 cup citric acid**, **1/8 cup Epsom salts**, and **1/8 cup cornstarch** in a bowl and mix well. Add **1 teaspoon coconut oil** and a **dash of a skin-safe essential oil**. Mix well.
2. Dribble about **a teaspoon of water** into your mix. It'll start to react and fizz, which you don't want yet, so mix it all in quickly! You want the mix to hold together a bit when you squeeze it between your fingers, but still be crumbly.
3. Divide your mix between two **cupcake liners** and compact it into a puck with the back of a spoon. Set your bath bombs someplace warm and dry and let them dry out for about a week.
4. To enter a state of fizzy relaxation, pop a homemade bath bomb into the tub, toss one in the shower, or slip one into a basin for a foot spa.



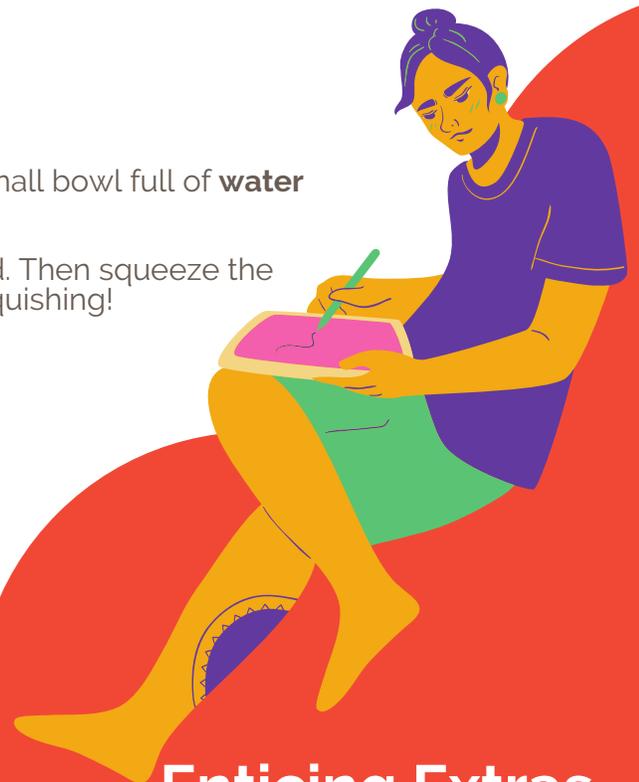
Squishy Sphere

1. Hydrate a **teaspoon of water beads** by placing them in a small bowl full of **water** and wait about six hours for smooth and fully grown orbs.
2. Scoop the hydrated beads into a **balloon** and tie off the end. Then squeeze the filled balloon into a **second balloon** and tie off the end. Get squishing!



Sweet Stickers

Write positive messages to yourself on **sticky notes** and place them where they will give you a boost. In your notebook? On your mirror? In your dresser? Your locker?



Enticing Extras

We included **bubbles** in the kit so you can breathe slowly and watch a few bubbles float away. And if all else fails... try **chocolate!**

get some SUNSHINE!

WELCOME HUGS

ASK FOR HELP

SMILE

imagine

Learn something new

Drink water

blow bubbles

stretch



Treat Yourself

Get some sleep

Self Care for TEENS

unplug

PRACTICE SAYING NO!

Create or Craft

Take a bath



WATCH something funny

GAME WITH A FRIEND REMOTELY

LISTEN TO Music

send a I believe in U!

Thx!

UR Welcome!

kind text

DANCE to a favorite song

write how you feel

MAKE BUILD

GIVE to others

Walk or go find some nature